

# Warren SENTINEL

Volume 64, Issue 12

F. E. Warren Air Force Base, Wyoming

March 25, 2005

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## THE RACE IS ON...

Kareem Johnson Jr, son of Staff Sgt. Kareem Johnson, 90th Logistics Readiness Squadron, races to gather as many Easter eggs and toys as he can during Warren Youth Center's Easter Egg Hunt Saturday morning. In addition to the hunt, children enjoyed a visit from the Easter Bunny.

Photo by Airman 1st Class Connor Elayan

# Commentary

## Wingmen at home not forgotten

Commentary by Tech. Sgt. Scott Sturkol  
416th Air Expeditionary Group Public Affairs

**KARSHI-KHANABAD AIR BASE, Uzbekistan** -- In an Air Force Policy Letter in November 2004, Gen. John Jumper, Air Force chief of staff, asked all Airmen, "Who's your wingman?"

In the deployed environment, the importance of a wingman is critical, especially when it means helping take care of your fellow Airmen and others around you.

While I am deployed, I have my command chief, my commander, the chaplains and many more people here as my wingmen. But at home, there are many important wingmen we should never forget.

When I refer to wingmen at home, I am talking about the wingmen who help us get through our every day life. For me it is family, friends, co-workers, leaders and others that I am surrounded by in my life.

My top wingman is my wife. No one can imagine or measure the strength of this person to me in heart and soul. She has been my wingman for nearly 13 years now and it is during deployments like the one I am on right now where I truly realize her strength as a wingman.

She not only is in charge of the home front while I am gone, she also lifts my spirits every time I talk to her and think of her while I am on the other side of the world. A loved one always can do that for people like me. I also know many of the people I am deployed with have the same sentiment about their own wingmen at home.

The wingmen at home don't just have to

be our spouses. They also can be significant others, a parent, a child, a good friend, or a co-worker. There are people who are always there to listen or help us learn. That is the beauty of having wingmen in your life.

My life in the military has had its ups and downs -- no career is ever perfect. But having your wingmen around you really helps you through the tight spots.

I know, for instance, when I leave my home base and come on a deployment, I leave a vacancy people in my office must fill. My fellow Airmen who fill that void with the extra duty resulting from my absence never let me know that they may have had to work extra hours to fill that gap.

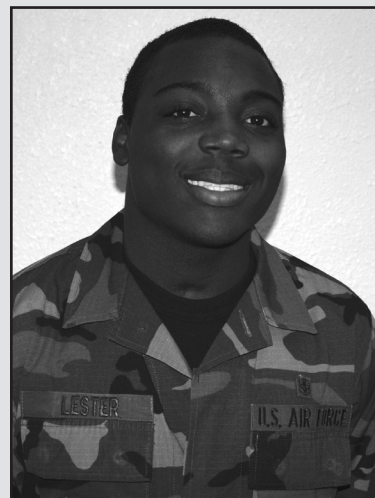
On top of that, my fellow Airmen take extra time to call my family, give them help if they need it, and even give help when they don't ask for it. They just give it. That is good wingmanship!

I know how it works at home. Many a time, when my fellow Airmen were deployed and I was not, I knew I had to step up and do everything I could to support them. And, a shoveled driveway or a mowed lawn for someone whose servicemember is gone means a lot.

Wingman, Page 3

## Man on the Street

Now that spring is here, what are your plans?



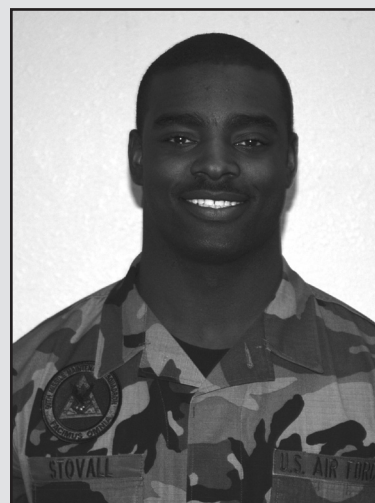
"Take some leave, go home and see my family."

-- Airman 1st Class  
Adrian Lester, 90th  
Medical Operations  
Squadron



"Spend a lot of time at the park with my son and dog. I'd also like to do outdoor stuff like camping and hiking."

-- Airman Chris  
Mattox, 90th  
Communications  
Squadron



"My plans are to just hang out with my wife and friends, play basketball and have fun."

-- Airman 1st Class  
Andrew Stovall, 90th  
Missile Maintenance  
Squadron

Photos by Airman 1st Class Lauren Sixbey

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# Commentary

## Secretary's Vector Message from Hon. Peter B. Teets

**Hon. Peter B. Teets**  
*Acting secretary of the Air Force*

Over three years ago, President George W. Bush asked me to serve as the Under Secretary of the Air Force and Director of the National Reconnaissance Office. I humbly accepted his charge to come out of retirement to serve for one term. I am now prepared to return to private life.

During my tenure, I had the privilege and distinct pleasure to serve under Dr. James G. Roche,

one of the finest men to serve as Secretary of the Air Force. When he stepped down from his position in January, I agreed to extend my term and serve as Acting Secretary. Now that the nomination of a new Secretary of the Air Force appears imminent, I have asked President Bush to accept my resignation, effective 25 March.

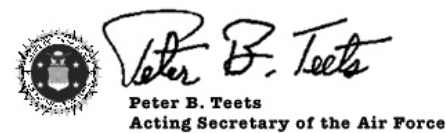
As I prepare to depart, I know our next Secretary will inherit the world's finest air and space force. Your devotion to duty constantly impresses me. You

live by our Service's Core Values of Integrity, Service Before Self, and Excellence in All We Do. And you comprise a force whose air and space capabilities create an unequalled military advantage for our Combatant Commanders, well adapted to the threats of a new era.

It has been a distinct honor to serve the President, our Air Force, and our nation. I am proud to have been a part of our National Security team, and that our enduring National Security Space

enterprise will strengthen our exploitation of the high ground of space.

I appreciate all you do to keep our nation strong, secure, and a shining beacon of freedom to the world. Vivian and I wish each of you success in all things. God bless you, the Air Force, and the United States of America.



## THE CIVILIAN PAVILION

**Matt Cox**  
*Visual Information*

No matter who sets them up you can be sure there are more than a few young bowlers around Warren eager to knock them down.

The local chapter of the Young American Bowling Alliance here includes about 120 kids from inside and outside the Warren gates who share an interest in the game for everyone: bowling.

That's what head coach, mentor, director and bowling aficionado Jack Colvin, Remtech Services quality assurance manager, 90th Communications Squadron, is most proud of.

"Bowling is truly a game everyone can enjoy," he said. "It's fun to see these kids take interest in a sport they can play for the rest of

their lives."

Mr. Colvin and his wife, Agnes, resource adviser, 90th Maintenance Group, got involved with the Warren youth bowling scene when they arrived in Cheyenne in 1992. Mr. Colvin has more than 30 years experience in youth bowling as he has held similar positions at other bases.

The Warren youth bowling league, a development program sanctioned through the United States Bowling Congress, is a competitive league for kids between the ages of 3 and 21 years old. However, it is more about fun than competition, according to Mr. Colvin.

The program has approximately 48 kids in the Junior Majors division (11 years old and older), 36 kids in the Bantam/Preps

division (7 to 11 years old), and 30 kids in the Pee Wee division (3 to 7 years old). The Pee Wee division has two levels: Kids between 4 and 7 years old bowl two games while the youngsters bowl one game.

The kids took a trip to Gillette March 12-13 for a tournament with other youth leagues from around the state. Mr. Colvin said the team performed "very well" over the weekend and 18-year-old Jason Price qualified for the national tournament in Indiana this July. The next stop is a tournament in Casper the first week of April.

The competitive youth bowling season runs from September through April. Starting in May, the summer season begins and allows the kids a chance to bowl with their friends and

family.

"The summer is time for the kids and their families to just be together," said Mr. Colvin.

The group meets at Warren Lanes, 6004 10th Cavalry, every Saturday between 8:30 a.m. and 3:30 p.m., during the season. Every Wednesday during the summer is family night.

In addition, this year the group has created an adult/youth league on Monday nights as another chance for parents and their kids to spend time together.

"This is our first year doing this and we have 16 teams involved so far," said Mr. Colvin. "It's for everyone and each kid involved will receive a \$50 scholarship." He hopes to do this every year.

Besides the Colvin's, there are many others involved in the program.

There are eight adult coaches and 20 youth coaches; they are all certified through the U.S.B.C.

"Our coaches have to take classes to get certified,"

said Mr. Colvin. "As long as the kids are 11 years old, they are encouraged to help out as coaches. We have a great group of kids." He explained the younger bowlers get excited working with the younger coaches. "They like to impress their peers."

Kids 7 years old and up pay just \$6 a week to participate, and the younger kids bowl free. The money covers shoe rentals and lane fees.

"The money they pay each week goes into a prize fund to be awarded to the kids at the end of the year," said Mr. Colvin.

The league gives these kids an opportunity to compete as individuals and as a team, and most important, to develop friendships.

"It's just good, clean fun for everyone," said Mr. Colvin. "I take great pride in these kids and I love seeing them succeed. I consider them my kids."

For more information about the youth bowling league call the Warren Lanes at 773-2210 or Agnes Colvin at 773-5172.

### Wingman, from Page 2

The wingmanship on the home front is something I have tried to teach to all of my children, and grandchildren for that matter. All my daughters and my son, my two granddaughters, and those in my close family circle know how impor-

tant it is to take care of each other and of those who aren't in our family. If someone needs help you give it. You become a good wingman by your efforts. My children understand that and I am so proud of them for it.

I still have a bit of time left on

this deployment and I know that my work here is important.

Every day, whether they know it or not, my wingmen at home are thought of and appreciated. I know that where I am and what I do cannot be done as successfully without

the support from home from those wingmen.

To those of you who are not deployed: do not think you aren't in the fight because you are. We cannot, and will not, forget our wingmen at home.

# AFAF drive starts today

## Col. Hoops looking for Warren apprentice

**Capt. Steve Gorman**  
90th Maintenance  
Operations Squadron

Starting today and continuing through May 5, each of us as bluesuiters will be asked by unit representatives for your help to support this year's Air Force Assistance Fund campaign.

What is the Air Force Assistance Fund? Contributions to this campaign go to the Air Force Aid Society, which provides financial aid for active duty members enduring hardships; the Air Force Village Foundation, which provides housing for retirees and widows; the Air Force Enlisted Village, which gives financial aid for widows of enlisted; and the Gen. and Mrs. Curtis LeMay Foundation, which provides financial aid for retirees and widows.

Contributions can be made to any or all four of these charities.

Each of these charities directly supports either active duty or retired Air Force members and

their families. It is another example of Airmen helping Airmen, and one that everyone can be a part of.

The charities exist only to help support Air Force family members.

One example of how the Air Force Assistance Fund impacts Airmen is its effect on the men and women of Warren.

Last year, the base received more than \$162,000 in assistance through no-interest loans, hardship and education grants and community enhancement programs.

Your contributions are felt right here by family, friends and neighbors in the base community as well as other members of the Air Force family.

The Mighty Ninety's theme for this year's drive is "The Warren Apprentice." As you may have guessed, our own Col. Evan "Hoops" Hoapili, 90th Space Wing commander, will be the boss looking for that perfect apprentice and firing all the rest who don't make the grade.

He's looking for the group commander who has the highest per capita mon-

etary contribution total for his group at the end of the AFAF campaign. All other group commanders will be fired by Colonel Hoops (from their reserved parking spots).


The winning group commander will take over the parking spaces of the other group commanders for a week and do with them what he sees fit.

The winner will also designate a deserving troop to serve as the Warren apprentice.

This apprentice will be the "assistant wing commander" for a day and shadow Colonel Hoops, experiencing all the things a wing commander gets to do on a daily basis, along with VIP tours.

Look for posters advertising the Warren apprentice campaign in the Sentinel and elsewhere on base, as well as other promotions of the drive.

Through contributing to the AFAF, you have the opportunity to do three things. First, you can help other members of your Air Force family through contributions to any or all of four Air Force charities.



**THE WARREN APPRENTICE**  
supporting the AIR FORCE ASSISTANCE FUND  
100% of funds go to help airmen, officers, and their widowed spouses  
**WHO WILL BE THE NEXT WARREN APPRENTICE?**  
Free food at the Warren club on Fri, 6 May at 1700  
COME AND SEE WHO GETS FIRED!!!

Second, you might be the next Warren Apprentice and shadow the wing commander for a day (and maybe park in a colonel's spot while you're at it). And third, you might keep

your group commander from getting "fired."

For further information, contact your unit or group representatives, or call Capt. Steve Gorman at 773-2748.

## Warren Airman sentenced during public court-martialed

**90th Space Wing Public Affairs**

An Airman from the 90th Space Wing was sentenced to 10 years confinement, a dishonorable discharge and reduction to the lowest enlisted grade during a general court martial Tuesday.

Staff Sgt. Brian Webb, a senior missile alert facility chef, assigned to the 319th Missile Squadron, plead guilty to assault with attempt to commit murder, assault and violating a no-contact order.

"The charges in the case were very serious, but we

are certain that the accused received a fair trial," said Capt. Lance Wood, 90 SW trial counsel.

"Military members must adhere to the highest standards of professionalism," said Capt. Warren Neary, public affairs chief.

"Military members are accountable for their actions 24 hours a day, seven days a week, and the Air Force holds its people accountable for their actions."

Webb joined the military Dec. 6, 1995.

He has been assigned to Warren since Sept. 19, 2003.

## LATIN NIGHT!!

Trail's End Club

8 April, 8 p.m.

Dance 'til your feet hurt!!!!

Salsa

Merengue

Bachata

Spanish Hip Hop

Reggaeton



POC: 2Lt Marin-Ruiz x3981 or TSgt Nunes x 3636

## Briefs

### 2005 AFSA Pitsenbarger award nominee

Congratulations to Staff Sgt. Reda Salem, 90th Medical Group, for being announced as the 2005 Air Force Space Command Air Force Sergeant Association Pitsenbarger award nominee.

The AFSA Pitsenbarger award is given annually to an Air Force enlisted member who has performed a heroic act, on or off duty, that resulted in the saving of a life of the prevention of serious injury.

Sergeant Salem will represent AFSPC at the AFSA-level competition. For questions, contact your major command special trophies and awards POC, Staff Sgt. Jaclyn Ramirez, at DSN 692-5695.

### Furnace Filter Care

Base residents should clean their furnace filters at least every 30 days. In the winter when furnaces run almost constantly, it is imperative to maintain the filters properly for maximum efficiency. If you have any questions regarding how to clean your filter please call the Housing Maintenance Office at 637-6102.

### Freedom Elementary kindergarten round-up

Freedom Elementary School's kindergarten round-up is scheduled to be held April 6, 6 to 7 p.m. at the Corlett Elementary School Gym, 600 West 22nd St.

The round-up is only for children living on Warren.

Kindergartners must be 5 years old on or before Sept. 15 to attend school for the 2005-2006 school year.

Bring copies of your child's birth certificates and immunization record to keep in the student's school file.

This pre-registration does not replace the district registration on August 16 and 17 at Corlett School.

### Volunteer Appreciation Week

Volunteer Appreciation Week runs April 7 to 23. Supervisors and co-workers can recognize their volunteers and celebrate their volunteerism with a nomination for the Volunteer Excellence Award.

Nominations must be dropped off at the family support center, Building 207, by April 4. VEA winners will be announced the first part of May.

For more information call Mike Boggs at 773-5944.

# Escort training begins April 4

## Treaty compliance office seeks volunteers

Rex Ellis

Treaty compliance office

The 90th Space Wing Treaty Compliance Office is scheduled to conduct base escort training for the Strategic Arms Reduction Treaty April 4 from noon to 4 p.m.

Base escorts assist the 90 SW in conducting START Inspections when an inspection team (usually Russian) selects Warren for a treaty inspection.

The escort training also serves as refresher training for anyone currently trained and for orientation training for any base personnel that are responsible for base areas that are able to be inspected (which are located in Buildings 4330, 332, 336, 340, 1235, 1245 and the Peacekeeper buildings).

This is also the training for area monitors, entry control point monitors and data update personnel.

"We want our escorts to be trained so the Russian inspection team gets every right they're

*"We want our escorts to be trained so the Russian inspection team gets every right they're entitled to."*

- Martin Whalen, treaty compliance office

entitled to," said Martin Whalen, treaty compliance office.

Training consists of a detailed presentation of the inspection process, escort procedures, terminology and discussion. Attendees will also receive a briefing from Warren's Office of Special Investigations.

For scheduling purposes, the training sessions take about three and a half hours.

After completing training, trainees will be eligible to volunteer for base escort duty during a START Inspection.

Escorts volunteer three to four times a year, on average, said Mr. Whalen.

Training is limited to senior noncommissioned officers (and

selectees) and company grade officers.

All interested personnel need to access and print the escort training file located on the O-drive. Go to base information, wing treaty office, START, then open START escort training file. Print and bring a copy of this training packet to the training session.

Training is located in Building 250, Room 214 (the treaty compliance office conference room), located on the second floor in the east wing.

For more information, contact Mr. Whalen at [martin.whalen@warren.af.mil](mailto:martin.whalen@warren.af.mil) or Mr. Rex Ellis at [rex.ellis@warren.af.mil](mailto:rex.ellis@warren.af.mil). They can also be reached by phone, 773- 2664 or 773-2615.



Photo by Senior Airman Tonnelle Boyd

## 90TH LRS BRINGS IT HOME

Members from the 90th Logistics Readiness Squadron won six out of the 11 Air Force Space Command Base-Level LRS Individuals of the Year Awards. From left to right: Senior Master Sgt. Tyree Brown, Transportation SNCO of the Year; 1st Lt. Thomas McManus Jr., LRS CGO of the Year; Maj. John Stublar, LRS FGO of the Year; Tech. Sgt. William Guthrie, Logistics Plans NCO of the Year; Master Sgt. Eugene Duran, Transportation NCO of the Year. (Not shown: Staff Sgt. Robert Leigh, Fuels NCO of the Year.)



Photo by Capt. Thomas Vance Jr.

## 90 MOS WINS BIG

Warren servicemembers of the 90th Maintenance Operations Squadron were recently awarded the prestigious Air Force Space Command Maintenance Effectiveness Award, Logistics Support Squadron Category, for 2004. This award recognizes the AFSPC best of the best in maintenance support and is presented to the unit who best demonstrates excellence in resource utilization, innovative management, dedication to personnel quality of life, and mission execution. 90 MOS provides the training, equipment, short and long-range scheduling and planning, and day-to-day control of the ICBM maintenance machine here at the Mighty Ninety.

# What's going on around Warren?

## Warren children learn about WHM during story time



Photo by Laura Crowley

Lara Schnick, children's story time and craft time coordinator on base, reads a book about Esther Morris in celebration of Women's History Month. Esther Morris made in impact in Wyoming regarding women's voting rights.



Photo by Laura Crowley

Kayla Kant works on a craft during Women's History Month story time March 18 at the base library.



Photo by Senior Master Sgt. John Snow

## THE CABLE GUY...

Senior Airman Jonathan Williams, 90th Communications Squadron, pulls cable from a cable spool March 3 at a deployed location. Airman Williams is deployed with the 379th Expeditionary Communications Squadron Mission Systems Flight. Airman Williams and his fellow "cable dawgs" are responsible for installing and maintaining all of the base's information and communications lines.

## Military pay, allowances recognize troop's contributions

**Gerry Gilmore**  
*American Forces Press Service*

WASHINGTON (AFPN) - Since the Sept. 11 attacks, Defense Department leaders and U.S. legislators "have worked together to increase servicemembers' basic pay by more than 21 percent," a senior DOD official told House Armed Services Committee members March 16.

DOD officials remain "committed to taking care of servicemembers and their families through appropriate compensation while members are deployed and serving their country in dangerous locations around the world," said Charles S. Abell, principal deputy undersecretary of defense for personnel and readiness, before the military personnel subcommittee.

U.S. troops are slated for a 3.1 percent across-the-board pay raise this coming year, Mr. Abell said. Additionally, he said the department has met its goal of eliminating troops' average out-of-pocket housing costs by 2005. In fact, he said military housing allowances are 41 percent greater than they were in 2001.

Troops serving in dangerous overseas locations receive various types of tax relief, depending upon rank and income, as well as additional compensation in view of their contributions in fighting and sustaining America's fight against terror-

ism, Mr. Abell said.

For example, eligible enlisted troops deployed to combat zones have their military pay exempted from federal income tax, he said. Besides their regular pay, these troops also receive \$225 monthly in danger pay and a \$250 monthly family separation allowance.

Mr. Abell said that troops deployed to overseas combat zones also receive hardship duty pay of \$100 a month and a \$105 monthly incidental expense allowance.

An accumulation of such added compensation typically amounts to more than \$700 a month for married servicemembers and more than \$500 for the typical single troop during deployment, he said.

"These pays and allowances acknowledge the hardship and danger involved at these deployment locations, as well as the sacrifice associated with tours away from family," Mr. Abell said.

He said that troops who volunteer to extend their overseas tours of duty in combat zones like Afghanistan and Iraq also can receive an additional \$1,000 monthly in assignment incentive pay.

DOD officials also want to work with Congress, Mr. Abell said, to increase servicemembers' hardship duty pay. And the department is seeking to keep its special operations troops in uniform through an array of incentive packages, he said.

# Enjoy life in paradise

## Follow Med Group's four Hs to stay healthy

**Tech. Sgt. Joseph Sanchez**  
*90th Medical Operations Squadron*

Just another day in paradise. What are you doing today on Warren? Are you checking ID cards at the gate, working at a missile alert facility, or maybe working in one of the gyms or dining hall? Perhaps you're anticipating the upcoming

weekend. Enjoying time off means staying healthy. Here are a few tips that can help you enjoy your health.

They are the four Hs, hygiene, hand washing, healthy nutrition, and help.

Possessing good clean hygiene is critical for overall health. You probably never thought that showering and brushing your teeth could keep you

healthy but it does. It eliminates bacteria that may cause illness and odor. So protect yourself by staying clean.

The second H is hand washing. According to the Centers for Disease Control, hand washing is the single most effective way to prevent the spread of microorganisms (small things that could cause illness).

After you use the

restroom, before you eat, after cleaning your nose or coughing, wash your hands.

Healthy nutrition is also vital to enjoying paradise. First, make sure you're drinking plenty of water. Also, make sure you're eating a well balanced diet. If you need help with your diet contact the Health and Wellness Center at 773-4292.

The final H is help. Help is taking medicines such as cough syrup or decongestants to ease your symptoms. If you have a fever or aches, take some over the counter medicine to help yourself.

If you're on the Personnel Reliability Program follow instructional guidance.

For further assistance, consult your primary care manager team.

### Process for 90th Medical Group Appointments

#### For Referrals outside the MTF:

1. Any patient being seen for acute care must have prior authorization from their Primary Care Manager before seeking care down town to prevent being billed for that visit.
2. Call your PCM during duty hours at 773-3732 or  
PCM on-call after duty hours at 773-3461 or  
Flight Medicine during duty hours at 773-2359  
PRP during duty hours at 773-3580
3. Emergency care is where a "prudent lay person" believes there is a serious medical condition that threatens life, limb, or eyesight. If you have a true emergency, go to the nearest emergency room or call 911.

6 by 5.5

# Base Fun Run a success

## Over 140 Warren servicemembers participate



Photo by Airman 1st Class Connor Elayan



Photo by Airman 1st Class Connor Elayan

The first and second place male and female winners of the Women's History Month Fun Run take a breath and pose for a picture outside of Freedom Hall Fitness Center. The winners from left to right: Airman 1st Class Martin Wallace, 90th Contracting Squadron (21:58), 1st Lt. Jennifer Anderson, 90th Missile Maintenance Squadron (25:10), Trisha Malberg, base spinning instructor (23:34), 1st Lt. Sean Brazel, 90th Mission Support Squadron (22:03). This year, about 140 Warren servicemembers showed up to brave the morning cold and wind on Saint Patrick's Day in recognition of National Women's History Month.

## Youth bowling scores

### Little Pee Wees - Ages 3-4

Ashlyn Hess 72 game, +18  
Zach Bobenmoyer 95 game, +27

### Pee Wees - Ages 4-6

Heather Simon 80 game, +31  
Madison Bails 87 game, +22

### Bantam-Preps - Ages 7-11

Matthew Gray 548 high series handicap  
JoAnn Mead 535 high series handicap  
Jordan Vrabel 192 high game handicap  
Kawai Punahale 190 high game handicap

### Junior-Majors - Ages 12-21

Shaun Pushcar 700 high series handicap  
Hannah Cooperi 662 high series handicap  
Drake Guerra 265 high game handicap  
Lauren Crocker 222 high game handicap

## Warren intramural volleyball standings (As of Thursday)

North			South		
319/320	10	1	20 AF	7	4
LRS	8	2	321/400	6	3
OSS	8	2	CPTS	4	6
MXS	7	3	CS	4	6
MDG A	3	6	MDG B	2	8

## Warren Golf Club opens April 1

The 2005 season opens April 1 at the Warren Golf Club. Get your membership today! You'll enjoy the well maintained course, a complete lesson program, active event schedule, value pricing and a pro shop with quality brands.

Join before April 1 and receive a 10% Pro Shop Value Discount Card.



# Women changing America

Pharmacy tech makes the best of every situation

## QUICK FACTS

**Name:** Staff Sgt. Andrea DePasquale

**Age:** 24

**Hometown:** South Chicago Heights

**Extra:** Getting married in June

**If you could have dinner delivered to you from anywhere in the world what would it be and where would it be from?**

Chicken and Portobello mushroom pizza from Gino's East Pizza, downtown Chicago.

**What was the last**

**movie you saw in the theater?**

Million Dollar Baby, it was awesome.

**In your opinion, what is the greatest book ever written?**

A Walk to Remember, by Nicholas Sparks

**When you were a kid, what did you want to be when you grew up?**

A stay-at-home mom.

**What's your favorite dessert?**

Molten chocolate cake from Chili's

**What exactly do you do in the pharmacy?**

My main job is a tech. I type and fill prescriptions and deal with customers.

I'm also the supply custodian. I make sure we don't go over budget but have the drugs we need.

**What's the best part?**

I love the people I work with. We have a lot of fun.

**What is something people don't understand about your job?**

They think all we do is stay back here and put pills in bottles. It's a lot more than that.

**What's your life's motto?**

Try to make the best of every situation; always have fun with what you're doing.

**Why is that your motto?**



Photo by Airman 1st Class Tessa Cubbon

Staff Sgt. Andrea DePasquale, 90th Medical Group, counts medication for a prescription.

At one point, I was at a place in my life where everything was negative. I try to keep things as positive as possible.

**As you know, the 90 Seconds of Fame is used to spotlight stellar troops. Why do you think you were picked?**

Because I do a lot in the clinic, and I'm very active with the Booster Club. I try to keep

the morale as high as possible.

**What's the secret to your success?**

I joke around a lot. Always try and keep a smile on your face. It tends to be contagious.

**Any advice for your fellow members of Warren?**

The military throws a lot at you. Just try to make the best of it. Roll with it.

*"She's an outstanding member of the community and the most compassionate pharmacy tech we know."*

—Tech Sgt. Heather Lowry, 90th Medical Support Squadron



## Easter meal at Chadwell

Chadwell Dining Facility is hosting an Easter Meal for eligible users March 27 at 10 a.m. - 3 p.m. Enjoy loin strip steak, BBQ spareribs and roast turkey.

## Spring Break Bowling Special

Enjoy the Spring Break Bowling Special at Warren Lanes Monday to April 1, 11 a.m. to 5 p.m. Cost is \$5 per lane, per hour. Cost for shoe rental is 50 cents.

For more information, call Warren Lanes at 773-2210.

## B. R. A. T. S. Camp

If you are not sure what to do with your children for Spring Break, try enrolling them in Basic Recreation and Adventure Skill Camp.

B. R. A. T. S. Camp consists of four straight days of adventure encompassing a variety of outdoor activities.

All trips are scheduled from 8 a.m. to 5 p.m. and

include transportation. Children must also bring their own sack lunch. All full-week participants will receive a free B. R. A. T. S. Camp tee-shirt.

Activities include trips to the Denver Museum of Nature and Science and Planetarium, Vedauwoo Geocache, Ocean's Journey/ Butterfly Pavillion, Inner Strength Rock Gym, Warren Aquatic Center and Snowy Range

Cost for full week participation is \$105 for the first child and \$100 for each additional family member.

Activities are also available on an individual basis.

For more information, call outdoor recreation at 773-2988.

## Joining Forces at Six Flags Elitch Gardens

The 4th Annual Joining Forces at Six Flags Elitch Gardens will be held April 16, 10 a.m. to 6 p.m. This a military only event for active duty, guard, reserve, retired military, DoD

civilian, base contractors, family members and friends. Tickets are available at Outdoor Recreation for \$18.00 per person and this includes lunch! Regular park admission price is \$37.99.

Outdoor Recreation is offering free bus transportation while seats are available. Sign-up when purchasing your tickets. Parking at the park is \$9 per car.

For more information call ODR at 773-2988.

## Easter brunch at Trail's End Club

Call in your reservations early for Easter Brunch at the club Sunday, 10 a.m.-2 p.m. Menu includes baron of beef, stuffed chicken breast, Virginia baked ham, fried catfish, roasted red potatoes, mashed potatoes, navy beans with ham, pasta, potato and tossed salads, corn on the cob, broccoli and cheese casserole, assorted breads and fresh fruit and cheese.

Breakfast items are also available including quiche,

breakfast burrito, omelet and waffle bars, assorted pastries and yogurt, and banana pudding.

Children are also invited to play in the jump house.

The cost is \$15.50 for adults (\$13.50 member value price), \$5.95 for children ages six to 10,

## Youth cheer and dance clinic

Kids ages 5 through 18 are invited to participate in the Cheer Training and Dance Clinic Saturday, 9 - 11:30 a.m. conducted by the University of Wyoming Cheerleaders and Wildfire Dance Team.

The cheer clinic will include stunts, pyramids, tumbling, cheers, jumps and sidelines.

The dance clinic will include skills, sidelines, choreography and dance. For more information, call 773-2564.

## April Fool's Day Wrong Hand Racquetball Tournament

The Wrong Hand Racquetball Tournament is

scheduled to be held April 1, 10 a.m., at Freedom Hall fitness center.

The cost is free. Sign up at Freedom Hall no later than March 28.

All games are to be played with opposite hand.

Games played to 12 points.

Participants must win two games to win. Trophies will be awarded to 1st and 2nd place winners.

For more information, call 773-2304.

## Family Day at Chadwell Dining Facility

Every Sunday is Family Day at Chadwell Dining Facility. All active duty members may bring their family members with military ID cards to dine at Chadwell, noon - 1 p.m. Also invited are family members of the deployed.

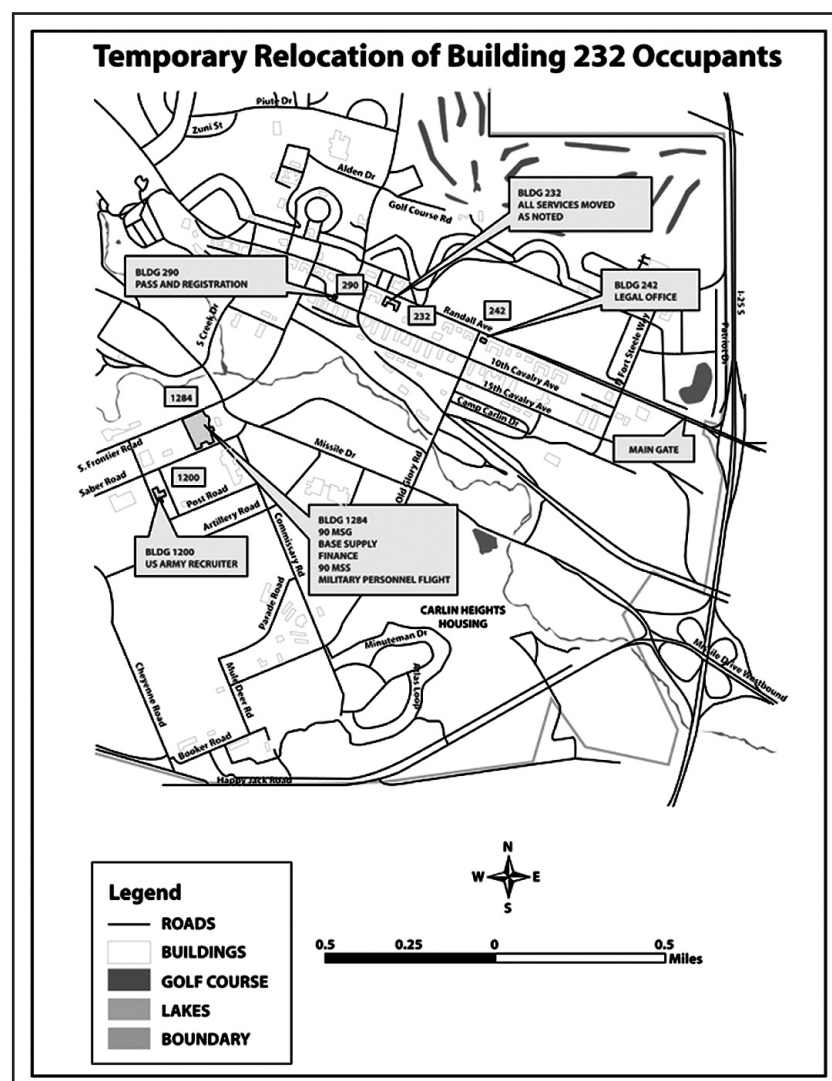
Family members of E1 - E4 active duty are welcome to accompany their sponsor to any and all Chadwell Dining Facility meal times.

6 by 6

*Relocation of the Building 232 Occupants*

*The Mission Support Group command section, Legal Office, Military Personnel Flight, and other building 232 occupants and their functions will relocate due to a heating, ventilation and air conditioning construction project. The location of each office and the approximate closure dates to facilitate the move are detailed below.*

<i>Office/Function</i>	<i>New Bldg</i>	<i>Closure Dates</i>	<i>Phone #</i>
<i>Mission Support Group Command Section</i>	1284	15-16 Apr	773-3100
<i>Mission Support Squadron Command Section</i>	1284	5-6 Apr	773-3308
<i>Military Personnel Flight</i>	1284		
- Customer Service (ID Cards)		4-5 Apr	773-1845
- Records & Evaluations		4-5 Apr	773-2690
- Promotions & Reenlistments		4-5 Apr	773-3787
- Base PRP Office		5-6 Apr	773-3490
- Personnel Readiness & Systems		7-8 Apr	773-3608
- Outbound Assignments & Employments		7-8 Apr	773-3141
- Separations & Retirements		7-8 Apr	773-3677
<i>Mission Support Group Orderly Room</i>	1284	6-7 Apr	773-3572
<i>Air Force Reserve Recruiter</i>	1284	7-8 Apr	773-1983
<i>Legal Office</i>	242	4-15 Apr	773-2256
<i>WAPS Testing Office</i>	841	7-11 Apr	773-3320
<i>Army Recruiter</i>	1200	13-14 Apr	778-7640
<i>Vehicle Pass &amp; Registration</i>	290	1 Apr	773-1853



## CONGRATULATIONS TO THE AIRMAN LEADERSHIP SCHOOL GRADUATES CLASS 05C

Senior Airman Jennifer Bartow, 90th Services Squadron - Distinguished Graduate & Leadership Award

Senior Airman Matthew Bolduc, 90th Missile Maintenance Squadron

Senior Airman Morris Carr, 90th Medical Operations Squadron

Senior Airman William Chapin, 90th Security Forces Group

Senior Airman Matthew Chouinard, 90th Operation Support Squadron

Senior Airman Edward Crofoot, 90th Missile Security Forces Squadron

Senior Airman Erica Galindo, 90th Logistics Readiness Squadron

Senior Airman Anthony Guillory, 790th Missile Security Forces Squadron

Senior Airman Karen Kahle, 90th Communications Squadron - Levitow Award Winner

Senior Airman Chanell Krumlauf, 790th Missile Security Forces Squadron

Senior Airman Christopher Mackall, 90th Missile Maintenance Squadron

Senior Airman Sean McDermott, 790th Missile Security Forces Squadron

Senior Airman Gary Monteagudo, 790th Missile Security Forces Squadron

Senior Airman Allen Nixon, 90th Civil Engineer Squadron - Distinguished Graduate & Academic Achievement Award

Senior Airman Michael O'Neill, 90th Missile Maintenance Squadron

Senior Airman Jennifer Piskorick, 90th Medical Operations Squadron

Senior Airman Earl Qualls, 90th Missile Security Forces Squadron

Senior Airman Alvin Rose, 90th Maintenance Operations Squadron

Senior Airman Christopher Sadowski, 90th Missile Security Forces Squadron

Senior Airman Orlando Salas, 90th Civil Engineer Squadron

Senior Airman Stephen Schaffer, 90th Missile Security Forces Squadron - Andrews Seminar Class Leader

Senior Airman Christopher Storms, 90th Security Forces Group

Senior Airman Charles Wilkin, 90th Missile Maintenance Squadron

Senior Airman Nerlito Yuson, 90th Missile Security Forces Squadron - Kisling Seminar Class Leader